

SPORTS CLUB PACKAGES

ADULTS



**BESPOKE
HELL & BACK CHALLENGE**

Ideal as a pre- or post-season workout, this 8KM obstacle challenge will push your team to their absolute limit. Tests strength and endurance while emphasising teamwork and communication.



TEAM BUILDING CHALLENGE

This fun adult challenge, across 4 zones, incorporates obstacles from HELL & BACK and Ireland's Fittest Family. Working together and communicating efficiently is the only way to finish!



SPLASHZONE

Soothe the aches and pains after your H&B run by jumping off the 3M Water Jump, slithering down the Splashdown Slide, kayaking around Killruddery Lake and balancing along Pontoon Mania!



**HELL & BACK
MAIN EVENTS 2024**

Take part in any of the HELL & BACK events listed above with thousands of other Hellraisers for the ultimate physical and mental endurance challenge – can your team make it thru?!

- 1 H&B Winter 8KM/6KM - Sat 24th Feb
- 2 H&B Dawn 7KM - Sat 16th May
- 3 H&B June 8KM/6KM - Saturday June
- 4 H&B September 8KM - Sat 21st Sept

UNDER 18'S



**BESPOKE
HELL & BACK CHALLENGE**

We'll bring the children on an epic adventure run around Killruddery Estate – a unique obstacle course featuring obstacles from HELL & BACK and Ireland's Fittest Family.



TEAM BUILDING CHALLENGE

This fun kids challenge, across 4 zones, incorporates obstacles from HELL & BACK and Ireland's Fittest Family. Working together and communicating efficiently is the only way to finish!



SPLASHZONE

For the water babies of your team! Jump off the 3M Water Jump, slither down the Splashdown Slide, balance along Pontoon Mania or be the fastest through the Kayak course.



**HELL & BACK
MAIN EVENTS 2024**

Sign up for any H&B Junior (Age 8-12) or H&B Teen (Age 13+) event listed above with thousands of other Hellraisers for the ultimate team physical and mental endurance challenge.

- 1 H&B Junior 2KM (Age 8-12) - Sat 18th May
- 2 H&B Teen 6KM (Age 12-17) - Sat 8th June
- 3 H&B Junior 2KM (Age 8-12) - Sat 30th June
- 4 H&B Teen 6KM (Age 12-17) - Sat 21st Sept

AliveOutside.ie
Get active, get Alive Outside!

CLUB EVENTS



**BRING YOUR ENTIRE CLUB
TO ALIVE OUTSIDE**

Looking for the perfect venue for a Club Day Out? Come to Alive Outside in the stunning 600-acre Killruddery Estate in Bray, Co Wicklow, just minutes from the M50, where we will design and tailor a memorable Club Day that caters for ALL your members, from Under 8s to Seniors!

**ALIVE OUTSIDE,
KILLRUDDERY ESTATE,
SOUTHERN CROSS ROAD,
BRAY, CO WICKLOW**

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